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# Health and Beauty

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By LILIAN EARLE.



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# Lessons in the Attainment

of

## HEALTH and BEAUTY



By LILIAN EARLE

446 Fullerton Parkway

CHICAGO

*Ed. Hutton*  
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## TO WHOM IT MAY CONCERN

There is no lasting beauty without health. The acquirement of health and beauty is a matter of growth. It requires time for tissues to change, but the process is continuous; with every breath the exhausted cells are replaced by new ones. By intelligent direction you can build your body in health and beauty.

To maintain health and beauty we must develop symmetrically the entire organism; that necessitates the harmonious co-operation of mind and body.

Hold steadfastly your ideal in thought and endeavor continually to give that more perfect expression in your words, acts and appearance.

Put discouragement and impatience out of your vocabulary. Put perseverance and patience in their place.

Take some exercise every day regularly. Always exercise in the fresh air; before an open window is sufficient. Loose clothing is preferable for vigorous exercising; it is not necessary to be undressed, but corsets, tight waist bands and tight neck bands should be left off, that the circulation and muscles may be free.

Each lesson should be studied daily for a week before taking up the next. Review the preceding lessons frequently.

**When exercising stop at the first sign of fatigue;** breathe rhythmically for a few minutes and when rested resume exercise.

Always go to your exercise in a free, happy state of mind. If you are not happy when the time comes for you to work, stand erect, raise your chest and chin, look up, and smile. The change of physical attitude will change the mental attitude. It is reactionary. This work should be a recreation and pleasure.

Do not take vigorous exercises or a bath within an hour after meals.

Right breathing and right thinking are the most important steps toward health and beauty.

“Eternal vigilance is the price of liberty.”





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## LESSON ONE

### Poise

The great question of life is one of poise—of balance. Poise is equilibrium in motion and at rest. It means mind in command, body in obedience, both as regards function and expression.

To have control of the body one must have a normal development and use of all its parts. When physical control is obtained it gives a sense of repose and power to the mind. The law of physical control is “strength at the center, freedom on the surface.”

Some attain poise apparently without effort. They seem harmoniously constituted. Others have to acquire it by diligent application. One can gain this only through conscious relaxation, deep breathing, exercise, and concentration upon one's purpose. We practice consciously that we may act or express ourselves aright unconsciously. We **learn how** to stand, to walk, to sit correctly, **that we may lose selfconsciousness**, yet continually deport our bodies with grace and with natural freedom.

The spine has been called the thermometer of strength. In it are twenty-four joints which should be supple and easily flexed forward, backward and laterally.

Hogarth's “line of beauty” indicates the natural double curve in the spine; curving in at the neck, outward at the shoulder, in at the waist, and outward at the hips. The spine being curved often prevents the brain from being shocked.

DaVinci's “line of Beauty” is the **straight line** indicated by the ankle joint, knee joint, hip joint, shoulder joint, and ear. That is attained in standing by bearing the weight upon the balls of the feet, with straight knees, relaxed hips, (avoid swaying the back) high chest, and chin slightly raised. In that position the body is correctly poised.

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The poise of the head is especially important. First, there must be a supple spine, a flat back, a well developed chest and neck to support the head; then the neck and head can be carried regally without the slightest tension in the neck and shoulders.

Exercise 1. To get the head perfectly poised, sit erect. This implies a chest well raised and no sway in the "small of the back." Close the eyes, relax the neck, and try to get the sense of the head being balanced on the spine at the base of the skull. Sway the head gently from side to side, then forward and backward.

Do not draw the chin in, but raise it slightly by tilting the head back. Carrying the chin down, drawing the chin in, or craning the neck forward, not only causes tension and an enlargement at the back of the neck, and nervousness from the tension, but also causes wrinkles in the sides of the neck, and sometimes a double chin; therefore it is deleterious to both health and beauty.

Practice this until the perfectly poised head becomes habitual.

Exercise 2. Sit with chest up, shoulders hanging loosely back; never hold them tense. Without turning the face let the head drop over on the right shoulder, taking a deep breath as you do so; then roll the head round back to the left shoulder; then as the head rolls forward onto the chest, exhale.

Repeat five times then reverse the motion. This relaxes and develops the neck.

**Chest up** does not mean chest protruded forward by strong muscular effort. Take a full breath just filling the lungs without straining the muscles, then exhale, keeping the chest up as when full of air.

Exercise 3. Stand in poised position, weight resting evenly on balls of both feet. Sway body forward from the ankle joint, then backward; repeat several times; keep your chest up and do not bend at the waist.

Without turning the body, sway to the right and to the left several times.

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Sway rotary (forward, to left, backward, to right, forward then reverse) several times.

In this exercise you should feel that you are perfectly balanced on the balls of the feet. Do not project hips or abdomen to balance you; maintain the straight line. This is to acquire balance and to give physical control. Practice daily.

Exercise 4. To obtain poise and correct carriage in standing, rest the weight of the body on the ball of one foot. Let the other foot be relaxed; it may rest beside the foot that is bearing the weight, or a little back of it with the toe turned more out, or it may rest forward of it. Let the relaxed foot rest lightly on the ball, never on the heel. Do not drop the hip nor bend the knee while standing. The leg that bears the weight must be straight and firm. The hips should be relaxed and the back as straight as the curve in the spine will allow; not swayed forward at the waist line.

Carry the chest up; that draws the abdomen in and flattens the shoulder blades. One cannot have a good carriage with a sunken chest.

Standing with weight upon one foot, slowly transfer the weight to the other foot gently swaying the body toward that side, relaxing the first foot. Change weight ten times very slowly for practice.

This is for habitual use.

Exercise 5. Assume position as in Ex. 4; rest weight on the ball of the right foot; turn the face and chest slowly to the right, lifting left heel from the floor. Turn face slowly forward; transfer weight to ball of left foot, turning face and chest on round to the left, lifting right heel from the floor. Hold the thought of **repose in action**.

This is to use every day instead of picking up your feet and taking two or three steps to turn around. Practice it every time you stand or turn. It will help you to conserve your strength and is invaluable in acquiring poise and a graceful carriage.



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## LESSON TWO

### Walking, Sitting

“Beauty’s not a thing, it’s a condition.” The same is true of health. The highest type of beauty is a rational mind in a healthy body. The appreciation of beauty, grace, and health is a matter of common sense and good taste; to possess and retain them is a matter of culture.

While there are as many ideals as there are minds, yet there are principles and generalities that apply to all, and these we shall consider.

Beginning with our lesson on poise let us learn, in connection with that lesson, how to stand, to walk, and to sit correctly.

Now to realize the necessity and reasonableness of concentrating your mind on what you are doing, you must understand that the brain is a part of the nervous system and the nerves control every fibre of the body. You cannot put the point of a pin down on the body where there is not a nerve to carry the message to the brain. This shows the intimate relation between the brain and the body. By holding an ideal in the mind and concentrating the thought upon it while exercising the nerves and muscles, correct habits can easily be acquired. The body should be trained to obey the will. The expression on the face is as much a physical habit as is the manner of standing, walking, or sitting. We can control and regulate them all, and we should do so.

Exercise I. To stand in correct poise for taking exercise:

Heels near together—according to your weight and height. Greater weight and height require a wider base.

Toes turned slightly outward.

Weight resting on balls of feet.

Knees straight.

Hips relaxed.

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Small of back **not swayed**.

Chest up and forward.

Chin up, straight forward.

When this position is correctly taken the shoulders should hang back in place relaxed, and the abdomen is drawn in over the pelvic basin where it belongs.

Exercise II. For making foot and ankle muscles strong and supple: Stand erect as in Exercise 1, rise slowly on toes, ankles together, while you count four, inhaling; pause, sink slowly while you count four, exhaling. Repeat seven times. After some practice increase the count to eight.

Exercise III. For freedom of movement in the hip joint: stand resting weight of body on one foot while you swing the other forward and backward as easily as a pendulum swings; hold the pendulum in mind. Let the action be entirely in the hip joint. Swing each foot five times; maintain a steady, erect position.

Exercise IV. The principal action in walking is in the hip joint, next comes the ankle, then the ball of the foot, then the knee. Observe the same position as given for standing; let the chest lead; let the leg swing from the hip but never drop the hip of the leg that swings forward—avoid making the hip movement noticeable. Let the inside of the heels fall in a straight line, the toes turning a very little outward. In extending the foot forward project the toes downward, and do not show the soles of the feet any more than you can prevent, from in front or from behind. Let the heel and the ball of the forward foot touch the ground almost simultaneously. Push the weight of the body forward with the back foot. Avoid digging the heels in and pulling yourself forward; and avoid picking up the heel behind too quickly. Do not work or tense the arms or shoulders when walking, nor carry the elbows pointing outward. To develop grace in walking hold the thought that the power flows through the hip joint downward; there must be a degree of relaxation in the leg and foot.

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Exercise V. Practice walking out of doors, inhaling four steps, exhaling four steps, then pause two steps. After some practice increase the number. If you are perfectly poised in your carriage and breathe deeply **always** when in the fresh air, walking will be refreshing, restful and healthful. Remember to carry the chin and the chest forward, without tenseness in any part of the body.

Exercise VI. Sitting and rising: When you approach a chair do not take two or three steps to turn around, but with weight on forward foot nearest chair, swing round on the balls of your feet turning your back to the chair. (Do not turn on your heels, that is the military movement.) Bend the back knee first, letting the body down slowly to the chair; do not stoop forward nor put your hands to your knees as the body goes down. Sit well back in the chair never letting the end of the spine touch the seat. Let the small of the back rest against the back of the chair so there may be repose and relaxation in your position. Feel that the chair is able to hold you up and rest upon it, let the weight of the body rest upon the big muscles of the thigh. Hold the chest up but not rigid, and the head well poised. If the head is balanced it will tip slightly forward when the shoulders go back against the chair, and as the chest comes forward the chin will tip slightly up; observe this law of balance for the sake of grace, beauty and health.

When you lean forward let it be from the hip joint; do not bend forward from the waist.

When you rise from the chair let the chest incline slightly forward and the chin upward as you straighten the knee; let the strong muscles of the leg raise you easily up to an erect position. Practice sitting and rising with each leg until you can do both easily and gracefully.

Hold the thought of serenity, of tranquility, when you practice this, that you may acquire a quiet grace in the action.



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## LESSON THREE

### Respiration

Respiration consists in inhaling, drawing the air into the lungs, and exhaling, sending it out. In normal respiration the diaphragm presses downward upon the stomach and liver, pushing the wall of the abdomen slightly forward; the ribs are raised on each side, expanding the sides and back somewhat; and the chest swells.

A deep breath means the equal filling of the entire lung. An abdominal breath presses the diaphragm downward against the abdomen, but is not necessarily a deep breath. The intercostal breath distends the sides and back; it belongs to the emotional zone. The apex breath is in the upper part of the lungs; it is sometimes called the mental breath. It is good to clarify the mind and refresh it when tired; we must use that part of the lung, also, to beautify the throat and chest, and to prevent tuberculosis. We practice each of these breaths for its special use, but we need to acquire the habit of the full, rhythmic breath, using equally the entire lung, for habitual use.

Science teaches us that the body is purified by breathing. Poisonous gas and effete tissue are expelled, and vitalizing elements are taken in through the lungs. The character of the blood and nerves, the color in your cheek and lip, and the sparkle in your eye depend very largely upon your manner of breathing. Many cases of sickness are the result of oxygen starvation. The curative power of the air is greater than any other one agent; from the air in the lungs the vital element is taken up by the circulatory system and fed to the brain and nerves.

The respiratory, circulatory, and nervous systems seem to act upon each other like magic. If you become excited or nervous upon any occasion, whether from anger, fear, or anticipation, you will find your pulse beating

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faster and your respiration shorter and quicker. At once take a few gentle, slow, rhythmic breaths and you can feel your pulse slow down to normal, and your excitement disappear; and you will regain your poise, self possession and assurance. Do not forget this; it may serve you well in many emergencies.

You need never allow yourself to become over fatigued if you have time to take "a long breath." In traveling, shopping, working and entertaining, remember at intervals to relax and take a few deep, rhythmic breaths, closing the eyes, if possible, to relax them and also to shut everything out but the thought of rest. It will preserve your health and beauty, and render you more efficient and attractive. Inhale through the nostrils habitually.

**A rhythmic breath** is one in which the inhalation and exhalation is of the same length of time, followed by a pause or cessation, of uniform length of time; half the length of the inhalation is good for general use. As: to inhale, counting 1, 2, 3, 4; exhale, 1, 2, 3, 4; then pause, 1, 2. Let the change from inhalation to exhalation be as gentle as possible. Let the count be as fast as your average pulse beat. When exercising, let the count be as many as you can take comfortably; but for habitual breathing it must needs be fewer.

It is very important to carry the chest well up that the lungs may have room to expand and take in enough air to supply the system adequately. When the chest is sunken the lungs can not do their work properly. Exercises of the arms and trunk aid the lungs by keeping the surrounding muscles active and supple, so they do not bind the ribs down too tightly. The ribs should move easily with every respiration. Breathing exercises develop the elastic powers of the body giving grace and freedom of action.

Exercise I. Lying prone upon the back, relax the whole body. Place one hand on chest at base of throat, the other on abdomen at waist line; take a deep breath



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and hold while you contract the abdomen, pressing the air into the chest; you can feel the abdomen draw in as it contracts; then relax the abdominal muscles allowing it to swell out; contract again, repeating that three times; then exhale holding the chest up. Do not let the chest sink when you exhale. This will strengthen the lungs, and is fine for the liver and stomach.

Exercise II. Repeat exercise one with both hands on chest; press down firmly when you exhale, but do not let the chest go down. This is for developing the chest. By concentration and patient practice, control of the chest and abdomen can be secured.

Exercise III. Inhale a full breath, draw lips together as to whistle, exhale a little through them forcibly, pause holding the breath, then exhale a little more, repeating the process until the lungs are emptied. This will stimulate, and cleanse the lungs of the old air in them. Repeat three times or more. This is to be used when lying, sitting and standing.

Exercise IV. Reverse Exercise III. Inhale a little, pause, inhale a little more, pause, and so continue until the lungs are as full as can be, then draw the lips as to whistle and exhale through them with some force. This will develop the lung cells and broaden the chest.

Exercise V. To cleanse the lungs and refresh them, and to strengthen the lung tissue: Exhale through the nostril all you can, then place a pipe-stem or tube that size, between the lips, and continue to exhale through that until you have expelled all the air you can; then inhale through the nostril a full breath, and place the pipe-stem between the lips and draw in as much more air through it as you can hold. Do not strain the lungs. Practice for two or three minutes every day, lying, sitting, or standing.

These respiratory exercises will tone up the whole system and stimulate organic action; they are beneficial to the stomach and liver. Habitually carry the chest up with the small of the back relaxed, that the shoulders

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may hang back easily. Avoid raising the shoulders or using the chest muscles vigorously in taking a deep breath. Inhale as gently and quietly as a person does in sleep. We practice breathing exercises to acquire lung expansion, and breath control, not muscular development. **Practice these every day.**

Remember with every exercise to hold the thought of its definite purpose.

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## LESSON FOUR

### Relaxation

Relaxation of mind and body is most valuable in attaining or preserving beauty and health. To relax is to let loose; to tense is to hold taut.

Tension is an unnecessary expenditure of nerve force. It exhausts the nerves, tires the muscles, and causes fatigue, nervousness, sleeplessness and many other serious results. It is not only destructive of health, but it is the worst enemy to grace and beauty. Tension in the muscles about the eye will mar an otherwise beautiful face.

Tension is indicated by tapping the feet, jerking the head, drumming with the fingers, clasping and unclasping the hands, grating the teeth, biting the finger nails, or lips, frowning and raising the brow, squinting and blinking the eyes, in stiffness of carriage, irritability of temper, etc. All such habits show a wasting of nerve force and lack of poise, a need of relaxation and self control.

Tension is usually the result of the state of mind; it is often the reflexion of fear. The mind, through the brain, which is the seat of the nervous system, controls the nerves, and the nerves control every action of the muscles. Any fear or worry will cause tension; and some sort of mental agitation or disquietude is at the root of almost all tension and nerve trouble. Fear and worry indicate an unhappy state of mind, and you never saw an habitually unhappy person who was beautiful, graceful or healthy.

Relaxation is the antidote to tension. To attain that most effectively the mental attitude must be changed; the inharmonious thoughts that produce tension must be banished. The body and mind react upon each other. **We**



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must learn to control our thoughts; persistent thought along lines of harmony, health and happiness or "the good, the true, and the beautiful," will manifest itself in the body. We must also learn to control our bodies; assuming the physical attitudes and actions which express the desired states of mind will induce those states of mind.

Do not allow your emotions to control you. Develop your reasoning faculty. Drive out the thoughts that affect you disastrously. Remember there are two classes of things you need never worry over; the things you can help, and those you cannot help; and act accordingly.

In case of pain, headache, or cough from the throat, simple relaxation will very often relieve it. It allows the nerves to act normally, the circulation to flow freely, and the recuperative power of nature to do its work without resistance. Laughter and yawns are relaxing; a happy frame of mind aids, and is decidedly hygienic; and smiles are beautifying.

Below are exercises for the relaxation of the body; and to induce relaxation of the mind.

Only by control of your own thought can you become master of your own body.

Exercise 1. Rest position lying: Lie flat on back, hands loosely laid on chest. Draw knees up vertically over hips; place three or four pillows or cushions under lower leg and feet to support them in a horizontal position. Let the knees be some inches apart, as it will give better relaxation to the pelvic region. Take a full breath, filling first the lower part of the lungs; this will cause the walls of the abdomen to distend slightly. Then gradually fill the middle of the lungs, which will press the ribs outward; then the upper part, which will swell the chest. (To be sure you breathe correctly place the hands on each part until you know that the action is there.) When you are accustomed to breathing that way then lie relaxed taking deep breaths very gently, and rest.

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Exercise 2. To rest lying on face: Place three or four pillows or cushions in a stack, so they will support the abdomen when you lie over them. Let the knees and feet rest on the bed. Flex knees and bring hips up vertically over knees; then lean forward over the pillows letting the abdomen be supported by them. Have another pillow or two to rest the face on, and fold your arms between the two stacks of pillows. Inhale slowly, the rhythmic breath as given in Lesson III; count 4, 6, or 8 as is most comfortable for you. When you become accustomed to the rhythm of the count, stop counting, but continue to breath rhythmically; it induces relaxation and rest.

When you are tired or nervous rest in one of these positions for 30 minutes, more or less, as you are inclined; holding the thought of tranquility and rest.

Exercise 3. Stand with chest up, head easily poised, hips relaxed. Raise hands up in front of chest, palms forward, relax the wrist and hand letting the hands hang devitalized. Shake the hands forward and back several times, then from side to side, then around and around, letting all the energy be in the arm, the wrist and the hand being perfectly relaxed. Fix the idea in your mind that the motor power comes from the brain through the shoulder, through the elbow, then the wrist, into the hand.

Next, turn palms of hands toward chest, and repeat the same exercise.

Next, lower hands to waist line, letting them hang with backs up, and repeat the same exercise. Then drop arms to sides relaxed.

These exercises give grace and beauty to the arm and hand.

Exercise 4. Stand as in Exercise 3; arms by side: with the whole arm relaxed, hanging a dead weight from the shoulder, twist the shoulder back and forth, swinging the arms, letting them flap around like empty sleeves.

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Exercise 5. Relaxation and flexion of trunk: Stand erect, sleepily close the eyes, relax the neck letting the head fall forward, then the shoulders, then the body to the waist, then from the hips, let arms swing forward perfectly relaxed. Then rise very slowly, first energize the hips, then the waist, then the spine gradually, until the chest is raised, and lastly the head is brought erect; then take three full, rhythmic breaths. Repeat the exercise three times.

This exercise is excellent for relaxing the spine and keeping it supple. It should be used daily to promote health and grace.

Mind is in command of the physical forces. Thoughts of anger, fear, worry, impatience, irritability and the like inevitably produce tension in the body; if not in the exterior muscles it will in the organs, impeding the vital processes. Learn to control your thoughts. Let harmony dominate. Therein is the greatest beauty and health secret you have to learn.



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## LESSON FIVE

### Health

Health of mind and body is the most important factor in a successful life. Beauty of face, of figure, of mind, of character, is the natural outcome of it. So in the cultivation of beauty in its widest sense let us first consider this basic principle, health.

The mind and body must work in unison, the reaction upon each other is so subtle and yet so forceful.

The circulation of the blood is, excepting the breathing, the most vital process, as the blood is the nourisher and scavenger of the body. The work is carried on by the heart, arteries, capillaries, lymphatics, and veins. The circulation must be sufficiently rapid to adequately nourish the body, and carry off the waste and poisonous matter. The circulation can easily be accelerated by exercise, or by the will, in some particular part of the body, or throughout the general system.

A good circulation is the strongest factor in a good complexion. The condition of the skin depends upon the quantity and quality of the blood, together with the elimination of waste matter through the lungs, bowels, kidneys and skin. Now that quality and quantity of blood depends upon the work of the stomach and lungs. It is equally important that the liver be active. Fresh air and enough sleep are also among the requisites for a good complexion. Lazy lungs and a sluggish liver cause a great deal of ugliness and sickness.

Deep rhythmic breathing to oxygenate the blood, and exercise to thoroughly stimulate the circulation and liver, with relaxation, regular hours of sleep, and proper food, will cure most cases of torpid liver, anemia, insomnia, nervousness, brain fag, weak heart, indigestion, constipation, headache, colds, lethargy, that tired feeling, and

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many other ills. When you have banished these wicked fairies from your life you have taken a long step toward the attainment of health and beauty.

Now, you can see why out-of-door games and sports are beneficial. Exercise in the fresh air enforces deep breathing, which feeds the blood and accelerates the circulation. Dancing in the open air is especially good because the exercise is rhythmic, and rhythm is always soothing to the nerves.

We have to guard against agitated, hurried activity, because, while it accelerates the circulation, the nerves become overactive and nervousness results. If all activity is taken with deep rhythmic respiration, the rhythm of the deep breathing together with the vital element taken in, would keep the nerves steady, quiet, and strong.

Here are some exercises to stimulate the circulation, and invigorate the system generally. The rhythmic breathing must be taken with every exercise. These or some such exercises should be taken every day.

Exercise 1. Sit erect, well back in the chair. Clasp the hands about the knee, draw it up to the chest while inhaling; hold the breath while giving it 3 quick, strong pressures against the chest. Exhale as the leg is returned to position; each leg five times. This is good to relieve indigestion, and constipation, and to develop the chest.

Exercise 2. Stand erect, as in Lesson II., Ex. 1. Rise on toes to full height, extending arms forward up over head, hand relaxed, back of wrist leading upward. Try to feel the power of action coming from the shoulder toward the hand. When overhead, clench fist, and **stretch** upward; but keep arms slightly forward of body so as not to sway the back. As arms go down to sides, exhale and relax. Each arm five times, then both. This is good for the lungs, abdominal and waist muscles, leg and foot muscles and the circulation.



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Exercise 3. Stand, with hands on chest. As you rise on toes inhaling a deep breath extend hand out laterally parallel with shoulder, wrist leading. With palm forward, stretch from chest. As you return hand to position, exhale. Each arm five times, then both together. This will develop the chest and lungs and will flatten the shoulders. Remember to keep the chest well up, and the chin up and do not sway the back.

Exercise 4. Energizing exercise: Stand well poised. As you inhale a full breath raise arms straight forward; hold the breath while you close the hand and slowly draw it back to the shoulder, extending the elbow directly backward; energize the hand and arm as you do so. With fist and arm tense, push straight forward and back to the shoulder rapidly three times; then exhale, dropping arms to sides relaxed. Repeat several times. This stimulates the whole system.

Exercise 5. Stand erect. Clasp hands behind head, chin up, chest forward. Do not let the small of the back sway forward in this. Flex at the waist line, leaning as far to the right as you can, then lean to the left. Inhale a deep breath as you lean sidewise each time, exhale as you straighten up. This is good to strengthen the abdominal muscles, to develop the lungs, to aid digestion, and to stimulate a sluggish liver. Lean to each side seven times. Hold the thought of vitalizing and making supple the body.

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## LESSON SIX

### Sleep

Restful sleep is an essential to health and beauty. It is during sleep that the whole system has a chance to rest and recuperate. One should sleep comfortably eight hours, more or less, in order to be able to use the mind and body to the best advantage and greatest satisfaction during the remainder of the twenty-four. Let us consider the conditions conducive to it.

Fresh air is one necessity. The bedroom should be well aired while sleeping. It is also important to have one's bed thoroughly aired often, for as we breathe through the pores of the skin, we need fresh air all about us. If you are wakeful at night, try fanning the bed-clothes up and down until you get the fresh air all through them, and often it will cause you to go to sleep at once.

Sometimes a walk in the fresh air before retiring is very beneficial; or, to stand before an open window and empty the lungs completely of the old air, and refill them with fresh air. The oxygen in fresh air is soothing and tranquilizing.

Out-of-door or porch sleeping is excellent for tired nerves or weak lungs; for in this way you are insured of the most oxygen with the least effort.

Sleep with the mouth closed, breathe through the nose, and accustom yourself to taking deep rhythmic breaths while sleeping. By practice and determination you can acquire the habit. The world of fresh air will do you no good unless you **make use of it**. Do not be stingy about it. That is one thing that will never harm you to indulge yourself in.

Sleeplessness in most cases, is due to disordered nerves. It may be caused by lack of poise in standing or sitting, for cramped lungs, heart and stomach will sometimes

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rebel; or there may be great tension in the spine at the back of the neck or waist. Correct standing and sitting will relieve all of these. Too tight clothing, or an over-taxed brain without adequate recreation, may be the cause; it may be need of relaxation and fresh air in the lungs; worry and anxiety are too often the cause. In each case, if perfect mental and physical relaxation, with rhythmic breathing, be obtained, restful sleep will ensue.

It is worth your while to learn to relax your mind at command; it will add years of youth to your life.

When you lie down to sleep at night put out of your mind all sense of resistance to people or conditions; hold the happiest thought you know in your mind, and let a smile rest on your face to leave its imprint there.

Exercise 1. Stand erect before an open window or in the fresh air. Inhale a deep breath slowly, filling the lower part of the lungs first; then more forcibly exhale all you can; pause a few seconds, and repeat seven times.

Exercise 2. Standing, rise on toes, stretching both arms upward; clench fists and gradually energize, or stretch the whole body, taking in a full breath through the wide open mouth. Exhale as you relax and resume first position. Repeat until you yawn naturally.

Sitting with back against the chair, stretch arms and legs, inhaling through wide open mouth. Repeat until you yawn.

Exercise 3. Sit erect, feet resting easily on floor. Place the palm of the hands on each side of the abdomen, so low that the side of the hand touches the thigh, fingers pointing forward. Look steadily at the ceiling while taking three gentle rhythmic breaths; then let the eyelids droop shut, head drop forward on the chest, and the shoulders and trunk droop forward until the chest rests upon the knees, head hanging forward relaxed. Rise slowly, unfolding from the hips first, straighten the spine gradually, raising the head last. Repeat very slowly,



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beginning again with three rhythmic breaths. Let the mind concentrate passively or languidly upon drawing the vital element in, as you inhale, and upon its flowing straight to the solar plexus as you exhale. (The solar plexus is just back of the pit of the stomach.) Repeat several times.

Exercise 4. A restful sleeping posture is to lie prone on face, stretched full length. If face is turned to the right, flex the right elbow, bringing hand up toward chest, letting left arm lie straight by side. If face is turned to left, flex left elbow, bringing hand up toward chest, letting right arm lie straight by side. Draw the breasts up for comfort. Breathe rhythmically.

Exercise 5. To put yourself to sleep immediately, relax; shake every joint and muscle out until it feels loose. Put all resistance out of mind and body. Just "don't care" about anything. Then fix the mind upon the inflow of the vital element and think as languidly as possible that it is to sooth you to sleep; inhale as you count mentally 1, 2, 3, 4; then change gently and exhale, 1, 2, 3, 4; then pause, resting, 1, 2; repeat. After a little practice one or two respirations should put you to sleep.

Exercise 6. When sleeping on your back use as small a pillow as is comfortable. Always sleep with the chin tilted up slightly, as it will relieve any tension in the back of the neck, and also help to prevent, or efface, wrinkles coming under the chin. Go to sleep with an expression of happiness on your face; and let your first exercise when you waken in the morning be **to smile**; next, take seven deep rhythmic breaths. This is not only for you when you "feel like it," but for **every** night and morning.

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## LESSON SEVEN

### Physical Training

Physical training is the keynote to beauty of form and face. The unsurpassed beauty of the Greeks, in mind and body, was due to their systematic training and out-of-door life. Their splendidly developed minds and bodies have been models for succeeding generations.

We should take some form of exercise daily as surely as we take food. The muscles lose their strength, shape and suppleness when not used. What we call stiff muscles are either tense, or weak, and in either case need exercise to relax, or strengthen them.

Systematic exercise is the surest means of forestalling corpulency and decrepitude. It is the only means of retaining a youthful, symmetrical figure. It is through exercise we strengthen the organs and parts of our bodies to normal activity, developing, reducing, shaping, vitalizing, beautifying, as the need of the case may be.

The strength and flexibility of the legs and back, the firmness of the abdomen, the elasticity of the chest, the graceful suppleness of the arms and neck, depend upon nerve control, and muscular development. These we gain only by definite thought and exercise; we must use our minds and bodies in the work, and the result will be increased efficiency mentally and physically, with added grace and beauty.

Relaxing exercises are good, particularly for developing beauty of outline, grace of action, and conservation of nerve force. Tensing exercises are for special stimulation of a part, and development of muscle and strength. Breathing exercises are especially beneficial to the brain and nerves. Assistive exercise and massage should be given to invalids. Rhythmic breathing should always accompany exercises for the best results; neither exercise nor breathing alone is sufficient.

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For reducing, an exercise is taken vigorously and rapidly, while for developing, stimulating, or strengthening, the muscle is gently but firmly stretched and tensed, followed by relaxation. If used for reducing, any exercise should be taken from five to ten times as many as is taken for developing. The reducing exercise is necessarily more tiring, while for building up, the exercise must be discontinued at the first feeling of fatigue, and a breathing exercise taken in its place. The concentrated thought of what you wish to attain should always be held while exercising.

To increase vitality the most beneficial exercises are those which bring into action the muscles of the trunk surrounding the organs, as follows:

EXERCISE I. Standing erect, hands on hips, turning from the ankles, twist the trunk slowly around to the right as far as possible, five times; then to the left, five times; then twist from right to left, five times. Inhale as you twist, exhale as you face forward. It is excellent for the kidneys, liver and spleen, to stimulate digestion and to relieve constipation, also to strengthen the muscles of the abdomen, back and legs, and make the waist supple and round. Be sure you do not sway or tense the small of the back. Make this a daily exercise.

Remember that in sitting, standing, walking, playing or exercising a "swayed back" brings undue tension upon the nerves there, causing headache, backache, misplacement of organs, constipation, a large abdomen, protruding hips, and an ungraceful carriage. Here is a good exercise to strengthen the back, relax the tension, and relieve these ills just enumerated. (Exercises lying on the back should be avoided in case of retroversion of the uterus.)

EXERCISE II. Lie on back relaxed, arms by sides. Stretch the right foot down as far as possible, drawing the whole right side of the body downward; inhale a



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deep breath as you stretch the leg; exhale as you gently resume position, relaxed. Stretch each leg five times, alternate them, then both together.

Out-of-door games and sports are very fine for general health. They embrace the muscle exercise, the nerve control, the fresh air bath, and the exhilaration of thought—a much desired combination. Lawn tennis brings all the muscles into play and yet is not vigorous enough to harden the muscles too much. Horse back riding is exhilarating. There is no better chest developer than swimming; and rowing, skating, running, skipping, jumping, throwing and catching a ball, and many other of the out-of-door games and sports, both simple and scientific, are valuable because of the mind and muscle development in the fresh air. The national dances and gymnastic and fancy dances are fine exercises for acquiring muscular control and grace. The rhythm in them is beneficial.

Here is a lesson in swimming without water.

EXERCISE III. Stand erect, arms by sides.

1. Hands together in front of chest, fingers pointing upward.

2. Hands with palms together go straight up over head.

3. Turn palms out and give a sweeping stretch laterally down to sides again. Hold chin up high, inhale as hands go up; exhale as hands go down to sides. Repeat five times.

A good exercise for strengthening the leg and ankle and acquiring muscular control and poise is as follows:

EXERCISE IV. Stand erect, heels and knees together, hands on hips, fingers pointing forward. Rise on toes, then flex knees and ankles, sinking half way down to the floor, inhaling. Do not lean forward. Hold chest and head up; slowly rise to position, exhaling. Repeat five times.

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EXERCISE V. Stand erect, hands on hips, fingers pointing forward. Take a long step then flex forward knee; carry chest as far forward over knee as you can, inhaling; keep back leg straight and strong, chin up, and elbows back, but **do not sway the back**. As you resume first position exhale. Each leg forward five times.

This is fine to develop the chest, flatten the back, and strengthen the muscles of the legs and trunk.

Repeat this exercise letting the head drop down toward the knee, and the elbows fall forward relaxed. This relaxes the spine, relieves a swayed back, strengthens the back and gives steadiness and poise.



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## LESSON EIGHT

### Diet and Exercise

Beauty and health are much affected by diet. Beauty is more than skin deep; the roots of it are in the circulation, the digestion and the nerves.

The matter of diet is one in which we should use our best common sense. The primary considerations are: the kinds of food we need, how much we need, and when we should take it.

Cultivate a taste for nutritious foods and for water. Water is the best of all drinks. Three pints a day is not too much if you do not take it with meals nor within two hours after. It enters into all the structural composition of the body, and constitutes more than two-thirds of the entire weight of the body. Many of the fruits and vegetables we eat help to supply this to the system.

The sugar and starch in food produce fat. Fresh breads, potatoes, cereals, pastries, all kinds of sweets, etc., come in this list.

Fats, as butter, cream, rich gravies, sauces, and the like, produce force, energy, heat.

Beans, peas and lentils are classed with meats in nutritive value. All vegetables and fruits are good for one reason or another.

In adapting foods to our needs, temperament, occupation and climate have to be taken into consideration.

One's temperament can be modified by thought, diet and exercise.

If you are inclined to corpulency, avoid all alcoholic drinks that stimulate the appetite. Do not overeat. Masticate each bite thoroughly and less food will satisfy you. Leave out the fat producing foods. Do not drink

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cream in your coffee, milk, chocolate, or cocoa with your meals. Drink half a glass of orange juice upon arising in the morning. Eat more of fruits and vegetables.

To reduce, exercise vigorously and systematically, especially the muscles least used where the fat accumulates. To reduce the thickness of the back of the neck, first acquire correct poise of the head. Manipulate the joints of the spine in the back of the neck, massaging thoroughly with the fingers every night and morning. Practice daily the neck and shoulder exercises: See Les. I, Ex. 2. For reducing, it should be taken twenty times rapidly, instead of five times slowly as for developing.

If you are thin and nervously inclined, eat the starchy foods and fats. Eggs, milk, and rare meats are good. Take a cup of hot (not boiled) milk at night before retiring. Rest after meals; exercise moderately; breathe deeply all the time. Learn to relax body and mind.

If suffering from indigestion, pay attention to your nerves. Raise the chest up so the stomach will be relieved from all pressure, and so the lungs can take in more oxygen.

Learn to **relish** your food. Get the habit of chewing every bite as long as you can taste it. It will aid digestion greatly. Do not overload the stomach. Be regular in your eating. Eat sparingly of pastries and sweetmeats. Learn to laugh; it is the finest tonic for digestion yet known. Be cheerful always when eating; it is as important as having things well cooked. A fit of anger will disturb and delay digestion. It often acts as a poison. Persons who are cross and irritable when eating may expect to suffer for it.

In cases of constipation glutinous foods should be avoided. Eat plenty of succulent fruits and vegetables, and drink plenty of water the first thing in the morning, the last thing at night, and between meals.

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One of the best known exercises for indigestion and constipation is as follows: (The diaphragm is a large muscle separating the lungs and heart from the abdomen. It moves up and down with every respiration; when a full breath is taken it presses down against the stomach and liver, slightly distending the walls of the abdomen. When exhaling it rises, drawing in the abdomen.)

Exercise 1. Place one hand over the pit of the stomach (just above the waist line) then inhale and the diaphragm will press downward, extending the stomach outward against the hand; hold the breath while you draw the diaphragm up letting the stomach sink inward; then press the diaphragm down pushing the stomach out again. Raise and lower it three or four times, then exhale and take three easy rhythmic breaths. Repeat three times, then rest. Do not tire the muscles; but no injury can possibly come from the exercise. It will often relieve a case of indigestion in a few minutes; and it is also excellent for constipation. It can be taken lying, sitting or standing.

Exercise 2. Stand with weight on both feet evenly. Rise on toes; let right heel sink to floor holding left hip up, then drop the left. Reverse, letting the left heel go down first. Each five times. Then alternate, raising one as the other sinks five times.

Another good exercise for the digestive organs, to relieve constipation, and to keep the waist trim and supple, is called the Figure 8. As follows:

Exercise 3. Stand hands on hips. Protrude the abdomen as far forward as possible (the shoulders inclined backward to balance). Sway the abdomen to the extreme right (the shoulders leaning to the left), then sway the abdomen backward as far as you can to the center, then bring it straight forward and sway to the left (shoulders leaning to the right); around backward to center, then straight forward, and to the right again; repeat several times.

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Exercise 4. Lie flat on back. As you take a full breath draw up the right knee, clasping hands around it. Hold the breath while you draw it up, giving it three firm pressures against the chest; at the same time stretch the left down full length. Resume position, exhaling, and relax. Each leg five times; then alternate them. This is a good massage for the abdominal organs, stimulating the stomach, liver and intestines.

It is good for reducing the abdomen, hips, and thighs, if used tensely and rapidly.

Exercise 2 in Lesson VII., lying on back, is also good for same.

Exercise 5. A good exercise for reducing is to roll on the floor. If you find it too hard spread an extra rug or comforter down; then with arms stretched overhead, take a full breath and roll over there times, then exhale; repeat seven times to begin with, and increase it in the course of a few days.

In working for any desired effect you must exercise every day consecutively to obtain the best results; you must also **hold your purpose in mind.**



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## LESSON NINE

### Facial Expression

To be able to attract and hold friends, and to continue to win love and admiration, one must study to attain mental and physical poise, habits of cleanliness and neatness, good taste in dress, consideration for others, a disposition to radiate good cheer, a love for the truly beautiful, and an appreciation of "the eternal fitness of things." In comparison with these qualities, which may be cultivated by anyone, a merely classic cast of features, desirable as it may seem, is not to be considered. If you have not these qualities begin to-day to cultivate them. If you have the perfect cast of features prize it most highly; use every means to preserve the good looks you have, and add thereto in so far as it is within your power, not through vanity, but as a matter of good taste and good judgment.

Neglect of one's mental and physical development is fatal to permanent beauty and health. Sane thinking and right living are the only safeguards.

If your skin is yellow or sallow, practice every day deep breathing and those exercises which stimulate the liver, kidneys, stomach, intestines and skin, to do their work. At the same time avoid anger, grouchiness, despondency; let patience, agreeableness, optimism, and good cheer reign in their stead.

Good teeth are attractive and are necessary to digestion; decayed teeth breed germs and cause indigestion and a bad breath. If your teeth are defective have them treated for the sake of beauty and health. Keep them clean and shining; never go to bed without having cleansed them thoroughly.

The mouth is important in considering the beauty of the face. A loose looking mouth indicates careless physical habits, and a lax mentality; the corners of the mouth

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should be firm, but not drawn down; that "down at the mouth" expression is one which everybody dreads to meet. Use the following exercise to make firm the corners of the mouth and keep them up, and to invigorate the muscles of the cheek. Work before a mirror.

Exercise 1. Place the fingers lightly on each cheek that you may feel the movement of the muscles, then draw the mouth into a **slight** smile without using the muscles around the eye.

When you have tried that, to be sure that you do not use the muscles around the eye, place the tips of the second and third fingers just underneath the outer end of the eye and practice. Contract both sides together, and then each separately. Practice faithfully, and watch the mirror to see that you do not use wrong muscles, and make lines around the mouth. By such exercises you can gain perfect control of the expression of your face. To pat the cheek and lips with very cold water will aid in making those muscles firm and vital.

Do not flatten the lips; flat lips indicate a delicate constitution, age, or cruelty. Never bite or pick at them. Let them look kissable. To keep them so and to eradicate the lines around the corners of the mouth, use the following exercise.

Exercise 2. Place the thumb and middle finger on the lines at each end of the upper lip; press the forefinger down in the center to form the "cupid's bow"; then draw the thumb and middle finger up to the first finger, pinching gently the lip together. Use a little cold cream on the fingers. This gives a full rosy lip and eradicates the lines caused by the lips flattening and the cheeks sagging forward. On the lower lip place the thumb and first finger on the lines, and draw them to the center. Practice this for a minute or two each day.

Keep your mouth closed except when using it; a mouth hanging open indicates a weak or inactive mentality. Avoid making any kind of grimaces, or using your mouth

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or facial muscles unnecessarily when you talk or listen. It detracts from your force of speech, is a waste of nerve force, produces wrinkles, and shows a lack of culture.

The nose should be thoroughly cleansed before retiring. It is the strainer of the air that goes into the lungs; it is therefore important that it be kept clean.

If a nose is too short or too pug, it can be helped considerably by giving it a gentle stretching or pulling down at night before retiring; at the same time concentrate your thought upon your purpose. Never do that except when you can concentrate upon it.

If the nose be too small, use the following exercise every day, and you will get results in time. Do not be impatient; remember it is a matter of growth.

Exercise 3. Have the head well poised, neck relaxed, eyes closed, face relaxed. Take a deep breath, then hold nostrils closed with thumb and finger and breathe against them gently, long enough to count four slowly; open nostrils and exhale gently. Repeat seven times. Practice every day.

If the ears stand out too far from the head they should be bandaged down every night with a strip of cloth taken under the chin and pinned on top of the head; or better, let them be laid smoothly back under a thin cap that will hold them close.

To take away the lines from in front of the ear, as they sometimes come when the cheeks sag, use the following method:

Exercise 4. Place the ends of your fingers on the bottom of the ear and close behind it, and press firmly backward several times; then place the fingers in the edge of the hair around and back of the ear, and press firmly back and upward to draw the lower ear and loose skin back, several times; then place the fingers a little farther up in the hair, pressing until you get up to the crown. This stimulates the muscles and makes them more vital; work before a mirror, and hold the thought of youth and vigor.



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## LESSON TEN

### Facial Expression

“The face is an open book that may be known and read by all.” It tells of the mental calibre, of the physical habits, of the degree of culture, of the power of self-control. In this lesson we shall consider the remoulding of the expression of the face. The secret of success in this lies in the fact that **thought** is back of the expression; so to express your ideal of beauty you must work on the thought as well as on the face.

The most important feature in the beauty of the face is the eye; the shape, the setting, and the expression, are of more consequence than the color. An open eye portrays an open mind. Many persons would have larger eyes if they would relax the brow and eye muscles, and open their eyes wide several times a day.

If you see lines coming in your face about the eyes, take it as a warning that you are misusing the muscles there. Frowning, squinting, sneering, and similar habits disfigure the face. Constantly raising the brow wrinkles the forehead. Squinting or frowning contracts the muscles around the eyes, making them smaller. Relax these muscles, rest the eyes or have them treated, but do not frown or squint. Watch yourself in the mirror when alone to find your own bad habits and correct them.

To rest or relax the eye, place yourself in a well-poised or relaxed position. Close the eyes, relax the face, take a deep rhythmic breath; when you exhale try to feel the breath making a vibration in the bridge of the nose between the eyes. Repeat seven times. It is restful and soothing. If you cannot get it satisfactorily at first, try humming a low tone softly during the exhalation, throwing the tone up into the bridge of the nose; you can then feel the vibration distinctly. The



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percussion caused by the vibration stimulates the mucous membrane. This tone breathing is used for catarrh, hay-fever, asthma and cold in the head.

Here is an exercise that will help to eradicate lines below the eye: As you inhale look as straight up as you can without moving the head; as you exhale close eyes gently. Repeat, looking up to right, close eyes; then up to left, close eyes; then with eyes closed take three rhythmic respirations.

Do not exercise the eyes longer than a minute or two at a time.

Without turning the head roll the eye-balls up, down, to right, to left, and around very slowly. Be very gentle in this exercise and watch that you do not disturb the muscles about the eyes, nor raise the brow. This will strengthen the eyes, give a better expression, and make them more brilliant.

For "crows' tracks" around the eyes, place the balls of the fingers at the outer end of the eye, give a gentle deep pressure, pushing the fingers up to the crown, letting them separate as they go through the hair. Stop squinting.

For flacid cheeks place the balls of the fingers between the outer end of the eye and the ear; give a deep gentle pressure upward toward the eye, then toward the ear, moving the underlying muscles. Raise fingers, place them up nearer the hair, and repeat; continue the movement up to the crown. Start again behind ears and repeat same.

For a wrinkled neck, start the pressure behind and below the ears, giving the lateral movement, working toward the crown. Around the back of the neck work with a deep pressure backward and down.

Keep the eyebrows smooth and the outline of them clear. For the perpendicular lines between the brows, place fingers on each side of the bridge of the nose be-

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tween the eyes; press firmly upward to the line of the brow, then press outward over the brow and temple up through the hair toward the crown. Stop frowning, and relax that muscle over the brows that draws them together.

To smooth out lines across the forehead, first stop raising the forehead. Place the balls of the fingers over the brows and give a firm pressure, pushing upward to the roots of the hair, then work with the lateral movement of the fingers up towards the crown.

Work before a mirror always and you will see this scalp treatment draws the muscles of the face upward, relieving the face of tired lines. The renewed circulation makes them more vital and firm. Practice this every night before going to sleep, that the face may be better rested, and let the rested expression sleep on it.

A cold bath every morning is excellent for a wrinkled neck. Stiff, tight collars are harmful to health and beauty. They impede the circulation and cause nervous tension. A good circulation through the neck promotes a good complexion and a healthy scalp.

To reduce a fat chin, first get the head well poised, the neck relaxed, the chin tilted up rather than down. If the neck is short, stretch it a little. Rub deeply from the middle under the chin backward toward the ears; it is easier to do this with the backs of the hands, letting the knuckles meet under the chin, then drawing them back toward the hair. The kneading must be a deep and rapid movement. Then place the finger tips in the edge of the hair behind and below the ears, and work toward the crown as for a wrinkled neck.

If the skin is dry and harsh, a cold cream skin food applied at night is good to use until the system is toned up. Cleanse the skin thoroughly before applying the cream. If there is soot or dust on the skin, it is well to wipe off carefully and thoroughly the first application of cream, then apply more to the cleansed skin. Before

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going out where the face will be exposed to dust, it is better to cleanse the skin with cold cream and apply a little rice powder to prevent the dirt from getting into the pores; it protects the skin. If cold cream is applied to the face and neck let every movement of the hand in application be upward and back—never down. Be careful not to stretch the skin in rubbing. Rapid tapping and light slapping are better than rubbing in any treatment of the face and neck, even in applying cold cream. The percussion and vibration are needed to either stimulate or reduce.

I pray you avoid the constant use of cosmetics.

During all such work hold a vivid picture in mind of—not what you are, but what you desire to become.

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## LESSON ELEVEN

### Cleanliness

Bodily cleanliness is essential to health and beauty. This means the skin, hair, teeth, nails, ears and eyes must be well cared for every day.

Water is the oldest and most valuable toilet article known, and one which every person should be able to afford, since two-thirds of the earth's surface is covered with it. It is useful for both internal and external lavation. It is necessary to take water internally for the thorough and speedy elimination of the waste and poisonous matter; and externally it is necessary to cleanse the skin that it may perform properly the functions of elimination and respiration.

There are various kinds of baths which we have not space to discuss, but for cleanliness the body should have a thorough bath in tepid water, with soap and friction, twice a week or oftener; how often depends upon the condition of the skin, the place of residence, and the nature of occupation. The use of a bath brush is advised, with bristles not too close together, so it can be kept clean and easily dried.

A thorough rub-down of the entire body with a bath towel or coarse towel taken upon arising is cleansing and invigorating. An excellent method is to take a package of "Hygienic Bath Salt"—if you cannot procure that use a quart of ordinary salt, and dissolve in six quarts of water. Take two dozen small bath towels, dip them into it, and dry; fold away without ironing. Each morning rub down with one of them; then take the palms of the hands and rub over the entire body. It is very invigorating and especially good if you feel lethargic or drowsy upon awakening.

A cold sponge bath upon the neck, chest and arms, followed by vigorous friction, taken every morning, pro-



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motes a good condition of the skin, accelerates the circulation and inures to cold.

Colds in the first stage are easily checked by cleansing the nose, throat and mouth with some wash, such as diluted listerine, salt water, or a mild disinfectant; draw it up through the nose from the palm of the hand, and gargle the throat; then breathe freely and fully of fresh air, and stimulate the circulation by exercise. Be sure there is normal elimination. Dust and foul air are the most common causes of a cold; draughts are not so dangerous as they are feared when they bring in fresh air.

If you are where there is much smoke or dust, it is well to wash the face before retiring, with soap in the water; and if the skin is dry and inclined to wrinkle, it is better to apply a good cold cream after the cleansing, as a skin food; pat and press it into the skin, then wipe carefully with a cloth.

Soap is composed of fat and alkali. If it contains too great a proportion of alkali, it dries the skin; therefore be careful as to the kind of soap you use. The Contibrand of castile is considered pure and good. **Never rub the face downward** in washing, drying, or applying cold cream.

In the morning, or any other time you wish your face to look and feel refreshed, take a basin full of very cold water, tie your hair back in a towel, take in a full breath, then immerse your entire face in the water and keep it in a few seconds. Repeat eight or ten times, then pat the face dry with a towel, remembering not to wipe it downward. This brings the color to the cheeks, refreshes the eyes and makes firm the facial muscles. When dry, take a coarse cloth, or the balls of the fingers will do, and for a minute or so pass it over the skin of the face so lightly you can scarcely feel it—just the lightest possible touch. This is stimulating and soothing and helps to produce that “peach-blow complexion.”

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You should take as special care of the hands as of the face. Wear rubber gloves if you have housework to do or have to keep them long in soapy water. Every day when you wipe them take a damp part of the towel over the thumb and push back the cuticle to prevent its growing down on the nail; make a habit of polishing your nails on a dry part of the towel every time you wipe them, and it will very nearly keep them in good condition. Use a file to shorten and shape them rather than scissors. The nail can be more pointed on a tapering finger than on a blunt finger. The shape of the nail should conform somewhat to the shape of the finger tip. To clean under the nail use wood rather than metal; it is best to wrap a tiny flake of cotton around the sharp point of an orange stick. A drop of honey-almond lotion or cold cream is good for the nail. To remove stains from the hands or nails you will find lemon juice, pumice soap, or peroxide of hydrogen effectual. If your hands chap in the winter try washing them with a handful of fine cornmeal or oatmeal bran instead of soap, and dry carefully.

The care of the hair is important. It collects dust and must be well brushed every day, preferably at night before retiring. Never use a brush or comb anyone else uses. Keep your brush and comb perfectly clean; a little ammonia in the water helps to clean them. Ammonia and borax are not good in the water to wash the hair. The water should be soft, but rain water, boiled water, or bran water, is better to soften it. Take one pint of bran and one gallon of water and boil for fifteen minutes; then add a sufficient quantity of this to your water to soften it. Do not use soap on the hair, but put it into the water. Tincture of green soap or castile is considered the best for this. The hair must be thoroughly rinsed, and it will dry more quickly if wiped with hot towels and fanned; the sunshine is fine for the hair when it is hanging down drying. Oily hair needs to be washed oftener than dry hair. In many cases straight, soft hair can be brushed into fluffiness, so that it may be arranged

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more becomingly. If hair is too dry, or thin, or has a tendency to grayness, olive oil applied at the roots with a medicine dropper and thoroughly rubbed in with the fingers is good for it. If the eyebrows are thin, olive oil, vaseline or lanoline rubbed in at night will cause them to grow. Do not apply elsewhere on the face for that reason.

Use common sense and judgment in every detail of your toilet; they are your safest teachers.

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## LESSON TWELVE

### Mental Control

Character, behavior, appearance, and manner are the expression of one's habit of thought. How carefully, then, should we be trained to think, and how carefully should we control our thoughts.

Realize to begin with, that thought determines character, and produces that which one says and does. "You are a sculptor, thought is your chisel." Hence the importance of holding an ideal in the mind, and that ideal must be the highest conception of which the mind is capable. When an ideal is steadfastly held, the speech and manner must conform to it.

Emotions mold your face as clay in the hands of a potter. Every hard feeling, every evil thought, every unkind remark, every mood of anger or irritability, every quarrel in which you indulge, leaves its scar on your beauty or your health. Do not try to excuse yourself by saying you did not "feel well." If you thought and acted better, you would feel better.

You must study to be governed by reason rather than by emotion or "feeling." Employ your will power to put the reason in command of the feelings. Exercise of the will and the reason help you to acquire mental control.

Relaxation of mind is also an important factor in mental control. You must be able to relax the mind at will—to cease willing, to let go mentally of everything. It is restful, it conserves the nerve force, it enables you to focus your mind instantly upon the matter in hand and to concentrate at the dictation of your will.

Breath control attained through breathing exercises is a great aid in this development; it tones up and steadies the nerves.



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Scientists tell us that emotions, which are really kinds of thoughts, produce chemical changes in the bodily structure. Anger and fear are positively injurious mentally and physically; they are incompatible with health, beauty and happiness.

Fear is the ghost of something you think may happen; have caution, prudence, forethought, then fear will be unnecessary. It never helps; it always incapacitates. Notice how many times a day you say: "I'm afraid—" and stop it. When fear is gone nervousness and tension will go.

Happiness is a great aid to health and beauty; and the delightful truth about it is, that it is a habit, and it may be cultivated by anyone. Here's your chance to use your "mental control." To be really happy you **must** be honest, sincere, truthful, kindly, cheerful, charitable in judgment, forgiving and courteous. Smile and do the best you can, and don't take life any more seriously than you have to. Too many have lost the little health and beauty they had by attaching too much importance to trivialities. Care for the things which are most worth while; study the universe, and think of eternity, to gain breadth of vision. This attitude of mind makes for health and beauty.

If, at any time, you need to change your state of mind quickly, just change your physical attitude; raise your chest and chin, and look up, breathe deeply, straighten your spine, and **smile**. A quick change in the circulation will change the current of thought or the mood.

Look in the mirror and study the expression of your own face; see for yourself what changes could be made there for the better; think of the character you would like to express, then cultivate those particular traits in your thought, and embody them in your daily life. You cannot put on an expression like a mask and expect it to remain on. Your face expresses your habit of thought.

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Remember **thought** is the seed of physical expression; you cannot fill the mind with disquietude, complaints, sickness, and have the body express serenity, happiness, health. Discord is dis-ease; harmony of thought permeates the whole system, and love is a wonderful tonic.

To retain a youthful spirit one's mind must be occupied with general interests; avoid becoming narrow and selfish; keep informed of the world's progress, take particular interest in some special movement, and be sympathetic with and responsive to young people.

The secret of a youthful figure is to retain a straight back, with a supple waist and joints. An excess of flesh should be kept down.

The tone of voice may be a most attractive characteristic; it is well worth considering. It should be pitched neither high nor low. The voice is indicative of the emotional nature. Words convey the thought but the tone of voice conveys the feeling—or, in other words, the mental attitude. A high, shrill voice indicates tension of mind and throat. There is need to change the mental attitude and to relax the throat. A mumbling voice indicates a need to articulate with the lips and tip of the tongue. Both of these conditions affect one's facial expression, and therein, one's beauty; and the tone of voice resulting affects other people's health. It has been said that ninety per cent of all daily friction is caused by mere tone of voice. Cultivate a quiet, sweet toned voice.

The form and texture of the hand and the manner of using it are indicative of character and of culture. Take care of your hands. Learn to use them daintily, artistically. Do not strain the muscles of the hands any more than is really necessary for the work you have to perform. Never lean your head on your hands. Remember that in all movements of the hand and arm the motive power comes first through the shoulder, then the elbow, then the wrist, lastly into the hand. When you use your hand

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or arm, try to sense or feel that the power comes from the shoulder. Tense the hand as little as possible; study to relax it, and you will find it expressing more grace and beauty.

The foot is also very expressive. To have poise and grace of carriage you must be comfortably shod. Never wear a shoe quite as short as the foot. The slender foot is more in accord with the classic type. The longer shoe tends to make the chubby, or broad foot grow more slender as well as look so. A well dressed foot indicates a degree of culture. Everyone cannot afford expensive shoes, but everyone can have clean shoes, well laced, or buttoned, and hose of the same color, well supported.

Never let your dress be conspicuous. Always let what you wear be subordinate to what you are. Study to wear color and style that will enhance your personality and make it the dominant note. The simpler a girl dresses the more attractive she is. Her personality is not sufficiently developed to counterbalance an elaborate toilet. As a woman grows older she must give more care to her person and more consideration to her toilet, and she may wear richer materials and jewels.

So we find that beauty is not "only skin deep," but that it depends upon the character of the bones, the muscles, the nerves, and the blood, and is decidedly affected by the taste one displays in making her toilet; and above all, as Robert Burns has so well expressed it:

“But it is not her air, her form, her face,  
Tho’ matching Beauty’s fabled queen,  
’Tis the **mind** that shines in ev’ry grace,  
An’ chiefly in her roguish een.”











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